

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Fiber, total dietary (g)

Food Groups: Fruits and Fruit Juices
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: June 29, 2016 09:20 EDT

NDB_No	Description	Fiber, total dietary(g) Value Per
09264	Persimmons, japanese, dried	14.50
09110	Goji berries, dried	13.00
09009	Apples, dehydrated (low moisture), sulfured, uncooked	12.40
09216	Orange peel, raw	10.60
09156	Lemon peel, raw	10.60
09231	Passion-fruit, (granadilla), purple, raw	10.40
09041	Bananas, dehydrated, or banana powder	9.90
09094	Figs, dried, uncooked	9.80
09011	Apples, dried, sulfured, uncooked	8.70
09246	Peaches, dried, sulfured, uncooked	8.20
09087	Dates, deglet noor	8.00
09163	Blueberries, dried, sweetened	7.50
09259	Pears, dried, sulfured, uncooked	7.50
09449	Nance, frozen, unsweetened	7.50
09032	Apricots, dried, sulfured, uncooked	7.30
09291	Plums, dried (prunes), uncooked	7.10
09448	Nance, canned, syrup, drained	7.00
09088	Elderberries, raw	7.00
09085	Currants, zante, dried	6.80
09299	Raisins, seeded	6.80
09038	Avocados, raw, California	6.80
09421	Dates, medjool	6.70
09037	Avocados, raw, all commercial varieties	6.70
09149	Kumquats, raw	6.50
09518	Raspberries, frozen, unsweetened	6.50
09302	Raspberries, raw	6.50
09260	Pears, dried, sulfured, stewed, without added sugar	6.40
09334	Feijoa, raw	6.40

NDB_No	Description	Fiber, total dietary(g) Value Per
09428	Rowal, raw	6.20
09261	Pears, dried, sulfured, stewed, with added sugar	5.80
09039	Avocados, raw, Florida	5.60
09140	Guavas, strawberry, raw	5.40
09314	Sapote, mamey, raw	5.40
09139	Guavas, common, raw	5.40
09079	Cranberries, dried, sweetened	5.30
09167	Loganberries, frozen	5.30
09427	Abiyuch, raw	5.30
09057	Boysenberries, frozen, unsweetened	5.30
09313	Sapodilla, raw	5.30
09042	Blackberries, raw	5.30
09322	Tamarinds, raw	5.10
09048	Blackberries, frozen, unsweetened	5.00
09353	Blueberries, wild, canned, heavy syrup, drained	4.90
09059	Breadfruit, raw	4.90
09165	Litchis, dried	4.60
09205	Oranges, raw, with peel	4.50
09053	Blueberries, wild, frozen	4.40
09321	Sugar-apples, (sweetsop), raw	4.40
09306	Raspberries, frozen, red, sweetened	4.40
09107	Gooseberries, raw	4.30
09084	Currants, red and white, raw	4.30
09095	Figs, dried, stewed	4.20
09034	Apricots, dried, sulfured, stewed, with added sugar	4.10
09297	Raisins, golden seedless	4.00
09286	Pomegranates, raw	4.00
09129	Grapes, muscadine, raw	3.90
09293	Plums, dried (prunes), stewed, with added sugar	3.80
09288	Prunes, canned, heavy syrup pack, solids and liquids	3.80
09422	Durian, raw or frozen	3.80
09298	Raisins, seedless	3.70
09287	Prickly pears, raw	3.60
09340	Pears, asian, raw	3.60
09143	Guava sauce, cooked	3.60
09263	Persimmons, japanese, raw	3.60

NDB_No	Description	Fiber, total dietary(g) Value Per
09078	Cranberries, raw	3.60
09446	Plantains, green, fried	3.50
09046	Blackberries, canned, heavy syrup, solids and liquids	3.40
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	3.30
09315	Soursop, raw	3.30
09195	Olives, pickled, canned or bottled, green	3.30
09423	Prune puree	3.30
09447	Plantains, yellow, fried, Latino restaurant	3.20
09328	Maraschino cherries, canned, drained	3.20
09193	Olives, ripe, canned (small-extra large)	3.20
09414	Pears, raw, bosc	3.10
09292	Plums, dried (prunes), stewed, without added sugar	3.10
09252	Pears, raw	3.10
09415	Pears, raw, green anjou	3.10
09412	Pears, raw, bartlett	3.10
09148	Kiwifruit, green, raw	3.00
09175	Mammy-apple, (mamey), raw	3.00
09062	Cherimoya, raw	3.00
09413	Pears, raw, red anjou	3.00
09089	Figs, raw	2.90
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	2.90
09060	Carambola, (starfruit), raw	2.80
09159	Limes, raw	2.80
09502	Apples, raw, granny smith, with skin	2.80
09006	Apples, raw, without skin, cooked, microwave	2.80
09150	Lemons, raw, without peel	2.80
09374	Pears, canned, heavy syrup, drained	2.70
09054	Blueberries, frozen, unsweetened	2.70
09357	Apricots, canned, heavy syrup, drained	2.70
09247	Peaches, dried, sulfured, stewed, without added sugar	2.70
09056	Boysenberries, canned, heavy syrup	2.60
09033	Apricots, dried, sulfured, stewed, without added sugar	2.60
09040	Bananas, raw	2.60
09010	Apples, dehydrated (low moisture), sulfured, stewed	2.60
09352	Blueberries, canned, light syrup, drained	2.60
09201	Oranges, raw, California, valencias	2.50

NDB_No	Description	Fiber, total dietary(g) Value Per
09194	Olives, ripe, canned (jumbo-super colossal)	2.50
09044	Cherries, tart, dried, sweetened	2.50
09005	Apples, raw, without skin, cooked, boiled	2.40
09248	Peaches, dried, sulfured, stewed, with added sugar	2.40
09003	Apples, raw, with skin	2.40
09050	Blueberries, raw	2.40
09203	Oranges, raw, Florida	2.40
09200	Oranges, raw, all commercial varieties	2.40
09109	Gooseberries, canned, light syrup pack, solids and liquids	2.40
09501	Apples, raw, golden delicious, with skin	2.40
09277	Plantains, raw	2.30
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	2.30
09503	Apples, raw, gala, with skin	2.30
09500	Apples, raw, red delicious, with skin	2.30
09278	Plantains, cooked	2.30
09092	Figs, canned, heavy syrup pack, solids and liquids	2.20
09202	Oranges, raw, navels	2.20
09090	Figs, canned, water pack, solids and liquids	2.20
09055	Blueberries, frozen, sweetened	2.20
09035	Apricots, frozen, sweetened	2.20
09318	Strawberries, frozen, unsweetened	2.10
09076	Cherries, sweet, frozen, sweetened	2.10
09070	Cherries, sweet, raw	2.10
09504	Apples, raw, fuji, with skin	2.10
09021	Apricots, raw	2.00
09012	Apples, dried, sulfured, stewed, without added sugar	2.00
09310	Rhubarb, frozen, cooked, with sugar	2.00
09316	Strawberries, raw	2.00
09008	Apples, canned, sweetened, sliced, drained, heated	2.00
09320	Strawberries, frozen, sweetened, sliced	1.90
09296	Quinces, raw	1.90
09013	Apples, dried, sulfured, stewed, with added sugar	1.90
09319	Strawberries, frozen, sweetened, whole	1.90
09309	Rhubarb, frozen, uncooked	1.80
09250	Peaches, frozen, sliced, sweetened	1.80
09218	Tangerines, (mandarin oranges), raw	1.80

NDB_No	Description	Fiber, total dietary(g) Value Per
09177	Mangosteen, canned, syrup pack	1.80
09307	Rhubarb, raw	1.80
09091	Figs, canned, light syrup pack, solids and liquids	1.80
09317	Strawberries, canned, heavy syrup pack, solids and liquids	1.70
09433	Clementines, raw	1.70
09226	Papayas, raw	1.70
09190	Mulberries, raw	1.70
09351	Fruit cocktail, canned, heavy syrup, drained	1.70
09191	Nectarines, raw	1.70
09007	Apples, canned, sweetened, sliced, drained, unheated	1.70
09174	Loquats, raw	1.70
09258	Pears, canned, extra heavy syrup pack, solids and liquids	1.60
09255	Pears, canned, extra light syrup pack, solids and liquids	1.60
09068	Cherries, sour, red, frozen, unsweetened	1.60
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	1.60
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	1.60
09176	Mangos, raw	1.60
09022	Apricots, canned, water pack, with skin, solids and liquids	1.60
09256	Pears, canned, light syrup pack, solids and liquids	1.60
09253	Pears, canned, water pack, solids and liquids	1.60
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	1.60
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	1.60
09063	Cherries, sour, red, raw	1.60
09257	Pears, canned, heavy syrup pack, solids and liquids	1.60
09254	Pears, canned, juice pack, solids and liquids	1.60
09052	Blueberries, canned, heavy syrup, solids and liquids	1.60
09112	Grapefruit, raw, pink and red, all areas	1.60
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	1.60
09024	Apricots, canned, juice pack, with skin, solids and liquids	1.60
09236	Peaches, yellow, raw	1.50
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	1.50
09072	Cherries, sweet, canned, juice pack, solids and liquids	1.50
09379	Plums, canned, heavy syrup, drained	1.50
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	1.50
09228	Papaya, canned, heavy syrup, drained	1.50
09144	Jackfruit, raw	1.50

NDB_No	Description	Fiber, total dietary(g) Value Per
09071	Cherries, sweet, canned, water pack, solids and liquids	1.50
09520	Kiwifruit, ZESPRI SunGold, raw	1.40
09266	Pineapple, raw, all varieties	1.40
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	1.40
09430	Pineapple, raw, extra sweet variety	1.40
09279	Plums, raw	1.40
09015	Apples, frozen, unsweetened, heated	1.30
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	1.30
09240	Peaches, canned, light syrup pack, solids and liquids	1.30
09237	Peaches, canned, water pack, solids and liquids	1.30
09164	Litchis, raw	1.30
09354	Pineapple, canned, juice pack, drained	1.30
09241	Peaches, canned, heavy syrup pack, solids and liquids	1.30
09004	Apples, raw, without skin	1.30
09238	Peaches, canned, juice pack, solids and liquids	1.30
09014	Apples, frozen, unsweetened, unheated	1.30
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	1.30
09362	Cherries, sour, canned, water pack, drained	1.20
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	1.20
09402	Applesauce, canned, sweetened, with salt	1.20
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	1.20
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	1.20
09370	Peaches, canned, heavy syrup, drained	1.20
09519	Guava nectar, with sucralose, canned	1.20
09272	Pineapple, frozen, chunks, sweetened	1.10
09114	Grapefruit, raw, pink and red, Florida	1.10
09401	Applesauce, canned, unsweetened, with added ascorbic acid	1.10
09081	Cranberry sauce, canned, sweetened	1.10
09172	Longans, raw	1.10
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	1.10
09116	Grapefruit, raw, white, all areas	1.10
09111	Grapefruit, raw, pink and red and white, all areas	1.10
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	1.10
09023	Apricots, canned, water pack, without skin, solids and liquids	1.10
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	1.10
09001	Acerola, (west indian cherry), raw	1.10

NDB_No	Description	Fiber, total dietary(g) Value Per
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	1.10
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	1.10
09450	Naranjilla (lulo) pulp, frozen, unsweetened	1.10
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.00
09239	Peaches, canned, extra light syrup, solids and liquids	1.00
09295	Pummelo, raw	1.00
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	1.00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	1.00
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	1.00
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	1.00
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	1.00
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	1.00
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	1.00
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	1.00
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	1.00
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	1.00
09294	Prune juice, canned	1.00
09435	Guava nectar, canned, with added ascorbic acid	1.00
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	1.00
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	1.00
09420	Jackfruit, canned, syrup pack	0.90
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0.90
09131	Grapes, american type (slip skin), raw	0.90
09183	Melons, casaba, raw	0.90
09281	Plums, canned, purple, water pack, solids and liquids	0.90
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0.90
09282	Plums, canned, purple, juice pack, solids and liquids	0.90
09301	Rambutan, canned, syrup pack	0.90
09283	Plums, canned, purple, light syrup pack, solids and liquids	0.90
09181	Melons, cantaloupe, raw	0.90
09269	Pineapple, canned, light syrup pack, solids and liquids	0.80
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	0.80
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0.80
09267	Pineapple, canned, water pack, solids and liquids	0.80
09184	Melons, honeydew, raw	0.80

NDB_No	Description	Fiber, total dietary(g) Value Per
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0.80
09123	Grapefruit juice, white, canned or bottled, unsweetened	0.80
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	0.80
09268	Pineapple, canned, juice pack, solids and liquids	0.80
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0.80
09153	Lemon juice from concentrate, canned or bottled	0.70
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0.70
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	0.70
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.70
09524	Lemon juice from concentrate, bottled, REAL LEMON	0.70
09185	Melon balls, frozen	0.70
09219	Tangerines, (mandarin oranges), canned, juice pack	0.70
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.60
09036	Apricot nectar, canned, without added ascorbic acid	0.60
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0.60
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.60
09407	Peach nectar, canned, with added ascorbic acid	0.60
09262	Pear nectar, canned, without added ascorbic acid	0.60
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0.60
09408	Pear nectar, canned, with added ascorbic acid	0.60
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.60
09229	Papaya nectar, canned	0.60
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.60
09251	Peach nectar, canned, without added ascorbic acid	0.60
09403	Apricot nectar, canned, with added ascorbic acid	0.60
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.60
09437	Tamarind nectar, canned	0.50
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.40
09326	Watermelon, raw	0.40
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.40
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0.40
09160	Lime juice, raw	0.40
09154	Lemon juice, frozen, unsweetened, single strength	0.40
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.40
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.40
09161	Lime juice, canned or bottled, unsweetened	0.40

NDB_No	Description	Fiber, total dietary(g) Value Per
09002	Acerola juice, raw	0.30
09436	Mango nectar, canned	0.30
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.30
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.30
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.30
09211	Orange juice, chilled, includes from concentrate, with added calcium	0.30
09207	Orange juice, canned, unsweetened	0.30
09152	Lemon juice, raw	0.30
09209	Orange juice, chilled, includes from concentrate	0.30
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.20
09443	Juice, apple and grape blend, with added ascorbic acid	0.20
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	0.20
09452	Orange Pineapple Juice Blend	0.20
09206	Orange juice, raw	0.20
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.20
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.20
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.20
09232	Passion-fruit juice, purple, raw	0.20
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.20
09221	Tangerine juice, raw	0.20
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.20
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.20
09233	Passion-fruit juice, yellow, raw	0.20
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	0.20
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.20
09223	Tangerine juice, canned, sweetened	0.20
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.20
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0.20
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.20
09124	Grapefruit juice, white, canned, sweetened	0.10
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.10
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.10
09043	Blackberry juice, canned	0.10
09128	Grapefruit juice, white, raw	0.10
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0.10
09434	Guanabana nectar, canned	0.10

NDB_No	Description	Fiber, total dietary(g) Value Per
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0.10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.10
43382	Cranberry juice, unsweetened	0.10
09442	Pomegranate juice, bottled	0.10
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	0.00
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	0.00
09082	Cranberry-orange relish, canned	0.00
09127	Grapefruit juice, pink or red, with added calcium	0.00